

**DISCIPLESHIP COUNSELING—LEVEL ONE**

“Introduction to Biblical Counseling”

Fall 2015

**COURSE DESCRIPTION**

This course covers topics such as the theological basis of discipleship/counseling, the definition of discipleship/counseling, the essentials for the discipler/counselor, a comparison of counseling philosophies, the biblical process of change, heart worship, guilt, the key elements of the counseling process, and handling crisis situations. Case studies will be discussed.

**COURSE OBJECTIVES**

- A. To enrich and improve the student’s personal life and relationship with Christ
- B. To help the student view all of life, including problem areas, as part of the worship process that takes place within the heart of man
- C. To increase the student’s confidence in the sufficiency and superiority of the Scripture for handling all the personal and interpersonal problems of life
- D. To help the student understand the place and role of counseling in the church
- E. To encourage a distinctly biblical way of looking at people and their problems
- F. To challenge the student to build his own counseling practices on solid, biblical theology
- G. To demonstrate the incredible practicality of good theology
- H. To confirm and illustrate the fact that many—perhaps most—counseling problems usually involve and are reflective of insufficient or bad theology
- I. To provide an environment where students may bring their questions regarding the relationship of theological convictions to counseling problems and situations
- J. To equip each student to be a more astute theologian and better counselor in the church of Jesus Christ
- K. To help the student begin a more exhaustive search into the Scripture concerning several specific problems of life
- L. To encourage the student to take an active role in the sanctification process so that doing so will become a habit.

## SYLLABUS

Developed by the Grace Church Pastoral Staff (includes material by other ACBC counselors).  
PLEASE OBTAIN PERMISSION FROM THE INSTRUCTOR BEFORE DUPLICATING ANY OF ITS  
CONTENTS. Thank you!

## COURSE REQUIREMENTS

- A. During this course the student will be given reading assignments; these will consist of particular sections of various books. The student needs to read carefully, thinking about how the material applies to his own life, as well as others he may be in contact with. A reading report form will be required from the student on **October 22** and **December 3**.
- B. A personal improvement project will be required to complete but keep for yourself. This project is to help take the biblical doctrine that is taught and personally apply it to the students' life. This is part of the sanctification process as well as part of the Great Commission "teaching them to observe all that I commanded you...(Matt. 28:20)" Due **November 19**.
- C. A research paper (10 pages—typed), will be required on the topic "Remorse and Repentance vs. Remorse and Penance." This topic is critical as we deal with salvation and sanctification. The student needs to define these terms and research this topic from the Scriptures. Please include how you personally were affected by this project and how you would counsel a person who is involved in remorse and penance. Due **November 19**.
- D. A 3–4 page summary paper (typed) will be due **December 3**. This paper will be an evaluation of how the course material assisted the student in the change process within his own life. The professor will also be looking for the importance of these truths for future ministry (2 Cor. 1:1–7).

## GRADING

My purpose in utilizing the grading process is to challenge you to put in the time and effort needed to do quality thinking and learning. Your life and ministry depend upon your growth in God's wisdom. This will be accomplished as you become more and more "bibline" in your thinking and living. You will do well in this course if your goal is to **know, handle, and walk** God's Truth well (Eph. 4:1; James 1:25).

Attendance and Participation	-	10%
Reading	-	30%
Personal Improvement Project	-	10%
Remorse/Penance Paper	-	30%
Evaluation Paper	-	20%

## ACADEMIC INTEGRITY

Cheating of any kind, whether it takes the form of plagiarism, copying another student's paper, or circumventing the integrity of any assignment, is viewed seriously and constitutes grounds for failure of the class.

## FUTURE CERTIFICATION

The goal of this class is your sanctification. Secondly, it is that you will have a healthy Christian life leading to the strengthening of the body of Christ. Finally, this class equips you to help others as it prepares you for Discipleship Counseling Levels 2-3 and certification through the Association of Certified Biblical Counselors.



## Reading Report Assignment

Title	Author
<b>Required</b>	
<i>Counseling: How to Counsel Biblically</i>	Dr. Wayne Mack & Dr. John MacArthur, Jr.
<i>A Theology of Christian Counseling</i>	Dr. Jay Adams
<i>Christ and Your Problems</i>	
<i>Godliness Through Discipline</i>	
<i>Instruments in the Redeemer's Hands</i>	Paul David Tripp
<i>Seeing With New Eyes</i>	David Powlison
<b>Recommended</b>	
<i>The Christian Counselor's Manual</i>	Dr. Jay Adams
<i>From Forgiven to Forgiving</i>	
<i>The Discipline of Grace</i>	Jerry Bridges
<i>The Joy of Fearing God</i>	
<i>Trusting God</i>	
<i>Why Christians Can't Trust Psychology</i>	Ed Bulkley
<i>Totally Sufficient</i>	Ed Hindson & Howard Eyrich
<i>The Freedom and Power of Forgiveness</i>	Dr. John MacArthur, Jr.
<i>The Vanishing Conscience</i>	
<i>Christian Psychology's War on God's Word</i>	Jim Owen
<i>The Godly Man's Picture</i>	Thomas Watson
<i>When People Are Big and God is Small</i>	Ed Welch
<i>How People Change</i>	Paul David Tripp & Timothy S. Lane
<i>The Myth of Psychotherapy</i>	Thomas Szasz

### INSTRUCTIONS

## Reading Report Assignment

Read the assigned pages and **on 2–3 separate sheets of paper**, type out (or write legibly) your answers to the following questions. Please give concise but relevant answers to the questions. This assignment is worth 10% of your total grade, so make what you write count. One report on all assigned reading for the first half of the course is due **October 22**; the second report on all assigned reading for the second half of the course is due by **December 3**. It may be helpful to keep an index card handy while reading the material.

### REQUIRED FORMAT SAMPLE:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

#### Reading Report

1. Did you read all the assignments? Yes \_\_\_\_\_, No \_\_\_\_\_. If no, indicate the percentage read \_\_\_\_\_.
2. What important principles did you see concerning the Christian life? (Please summarize them.)
3. Was there anything you disagreed with or had questions about? If so, what?
4. What were the most significant challenges or lessons you learned for your own life from the reading assignments?
5. Was there someone you encouraged with what you have learned? If so, please explain.

## PERSONAL IMPROVEMENT PROJECT

During this course, select a problem in your own life to work on improving. Each week of the class (Do not wait until the night before!!!), personally apply the Scriptures and the biblical principles for change to the problem. Put into practice what you are learning!

Choose an issue to work on after prayerful and careful thought, keeping John 15:1, Hebrews 12:5–14, and Psalm 139:23f in mind. You may pick a relatively discrete and minor habit or you may choose a more major problem pattern.

On the one hand, small bad habits (e.g., biting your fingernails, or breaking the speed limit) are accessible bits of life that often can lead you into more substantial issues. For example, your fingernails can lead you to how you handle tension in general. This is like pulling a handkerchief out of a hat and finding twenty more tied onto it! Progress often leads to ripple effects in other areas of life.

On the other hand, more general problems (e.g., a tendency to be shy and evasive around other people, or a tendency to be aggressive and controlling, or a tendency to judge and categorize people) have the advantage of bringing more of your whole life into the light of God. The avalanche is made of a million snowflakes. Fundamental changes in attitude again have a ripple effect. If you choose a larger issue, you will need to break it down into the particular actions, attitudes, thoughts, and feelings that manifest the problem. You also may need to narrow your focus. For example, if you pick "strained relationships with many people," you might want to focus on one or two relationships in particular.

Please look over the following examples for suggestions. The assignments found in Wayne Mack's *Homework Manual for Biblical Living, Vol. 1*, pages 41–45, 48–50 may also be helpful in identifying an area to work on.

- **Driving habits.** In biblical times life was described as a "walk." Now we drive. Your driving provides a microcosm of your life style. Do you drive in an aggressive manner, speeding, tailgating, cutting people off, always pushing and hurrying? Do you obey traffic laws? Are you tense, easily hassled, irritable? Courteous? Fearful and tentative? So preoccupied that you space out?
- **The way you play golf or another competitive sport.** Sports can be wonderful windows into our pride, fears, competitiveness, slyness, tendencies to live on the basis of our own performance as "a success" or "a failure," anger, recourse to fantasy, comparison with others, concern to look good in others' eyes, etc.

## PERSONAL IMPROVEMENT PROJECT

- **Relationship to money and possessions.** Each of us tends to run off the rails in some way or other regarding material things: Obsessed? Fearful of poverty? Daydream of wealth and possessions? Worried? Generous? Using gifts to buy friends? Impulsively and compulsively spending money? Coveting? Feeling inferior or superior? Continually going into debt?
- **Escapes, comforts, and pleasures.** Do you at times misuse TV, food, drugs, alcohol, newspaper, fantasy novels, computer games, spectator or participant sports, hobbies, jogging...? Sorting through when and why can be tremendously revelatory.
- **Anxiety.** How do you handle pressure, stress, worries, cares, uncertainties, demands? Do you tend to be anxious and worried a lot of the time? Do you bite your fingernails? Snack compulsively?
- **Sex and romance.** Do you have a problem somewhere on the continuum from daydreams to lingering eyes to covert acting out to flagrant immorality? How do you handle the bombardment of romantic and erotic images in the mass media?
- **Fear of people.** Where and with whom does a desire to be approved and fear of rejection play a part in your life? Do you lie, flatter, cower, avoid, play the chameleon, wear a mask...? Do you tend to look to others' opinions to define you? Do you find it hard to speak up, or does humor belie fear? Are you self-confident because people like you?
- **Broken or strained relationships.** Where do you have a history of "war-making" rather than peacemaking? When and with whom have you experienced anger, conflict, manipulation, bullying, confusion, escapes, etc.
- **Are you self-absorbed?** Do you have difficulty entering another's world and loving people or listening? Are you absorbed in your own opinions, agenda, questions, desires, fears? Do you manipulate and push your way and your opinions? Talk too much?
- **How you relate to authority:** parents, teachers, bosses, police, and the like. Are you rebellious and self-willed? Timid and overly compliant? Do you flee accountability and build a private world in which you rule?
- **Response to being sinned against.** How have you reacted to being wronged, betrayed, or hurt by people? The range of typical responses includes the varieties of anger, fear, depression, denial, escape, compensatory drive to prove oneself, and the like.
- **Fantasies.** Do you have recourse to some private "garden" of fantasies, whether athletic, financial, sexual, romantic, self-pitying, violent, powerful, etc.? Do fantasies of success/failure in anything from career to ministry to love to recreation either delight or plague your mind? Does your mental world star YOU, either to your glory or despair?
- **Patterns of work and rest.** Do you oscillate between workaholism and self-indulgent comfort-loving? Are you driven and restless? Do you procrastinate and avoid tasks? Are the ways you seek rest and refreshment truly restful and glorifying to God?



## PERSONAL IMPROVEMENT PROJECT

Once you have chosen what you plan to work on, fill out the Positive Traits Inventory and the Negative Traits Inventory—Problem Form. Describe the problem in some detail. What exactly are you focusing on? How does the problem show up; behaviors, words, thoughts, attitudes, emotions? In what situations; when, where, with whom does it appear? How often is it a problem? How intense? How long-standing? What was the starting point? What are the particular points of exacerbation or breakthrough? What has helped in the past? Who are influential models pro and con? etc.

As the class continues, apply the biblical principles taught in the class to the various questions on the Self Confrontation Form. Type your answers to the questions (**2–page minimum**) keep for further self improvement. Also complete the Self Confrontation Testimony to share with others. Consider this your opportunity to give a report on what has happened in your life as you have worked on your selected problem.

## POSITIVE TRAITS INVENTORY

(Matthew 7:1–5)

Rate yourself on each of the following traits. Before each word, put the number from the rating scale which most accurately describes you.

**Have your mate and two courageous, truthful people rate you.** This will help you discern how you need to change. Keep this as your own personal examination.

Rating scale: 0 = never; 1 = seldom; 2 = sometimes; 3 = often; 4 = usually

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| _____ Loving                      | _____ Perseveres                     |
| _____ Honest                      | _____ Admits it when he/she is wrong |
| _____ Sensitive                   | _____ Teachable                      |
| _____ Good father/mother          | _____ Analytical                     |
| _____ Works hard                  | _____ Compassionate                  |
| _____ Humble                      | _____ Cooperative                    |
| _____ Keeps his/her word          | _____ Neat                           |
| _____ Dependable                  | _____ Objective                      |
| _____ Does not take advantage     | _____ Patient                        |
| _____ Does not use people         | _____ Considerate                    |
| _____ Not an opportunist          | _____ Persistent                     |
| _____ Plans ahead                 | _____ Punctual                       |
| _____ Knows where he/she is going | _____ Disciplined                    |
| _____ Fair                        | _____ Resourceful                    |
| _____ Consistent                  | _____ Sincere                        |
|                                   | _____ Courteous                      |

**POSITIVE TRAITS INVENTORY**

(Matthew 7:1-5)

- \_\_\_\_\_ Creative
- \_\_\_\_\_ Decisive
- \_\_\_\_\_ Efficient
- \_\_\_\_\_ Flexible
- \_\_\_\_\_ Forgiving
- \_\_\_\_\_ Generous
- \_\_\_\_\_ Frugal
- \_\_\_\_\_ Appreciative
- \_\_\_\_\_ Hospitable
- \_\_\_\_\_ Diligent
- \_\_\_\_\_ Discerning
- \_\_\_\_\_ Enthusiastic
- \_\_\_\_\_ Courageous
- \_\_\_\_\_ Conscientious

**NEGATIVE TRAITS INVENTORY—PROBLEM FORM**

(Matthew 7:1–5)

Rate yourself on each of the following traits. Before each word, put the number from the rating scale which most accurately describes you.

**Have your mate and two courageous, truthful people rate you.** This will help you discern how you need to change. Keep this as your own personal examination.

Rating scale: 0 = never; 1 = seldom; 2 = sometimes; 3 = often; 4 = usually

\_\_\_\_\_ Argumentative

\_\_\_\_\_ Crabby

\_\_\_\_\_ Arrogant

\_\_\_\_\_ Critical

\_\_\_\_\_ Belittling

\_\_\_\_\_ Cruel

\_\_\_\_\_ Bitter

\_\_\_\_\_ Deceitful

\_\_\_\_\_ Blame shifting

\_\_\_\_\_ Demanding

\_\_\_\_\_ Blow up

\_\_\_\_\_ Disobedient

\_\_\_\_\_ Brash

\_\_\_\_\_ Domineering

\_\_\_\_\_ Brutal

\_\_\_\_\_ Embarrassing

\_\_\_\_\_ Clam up

\_\_\_\_\_ Fussy

\_\_\_\_\_ Cliquish

\_\_\_\_\_ Get the last word

\_\_\_\_\_ Closed minded

\_\_\_\_\_ Glib

\_\_\_\_\_ Complaining

\_\_\_\_\_ Gossipy

\_\_\_\_\_ Conceited

\_\_\_\_\_ Greedy

\_\_\_\_\_ Correcting

\_\_\_\_\_ Harsh

\_\_\_\_\_ Covetous

\_\_\_\_\_ Hateful

_____ Holier-than-thou	_____ Nagging
_____ Hostile	_____ Never satisfied
_____ Hypocritical	_____ Overambitious
_____ Impatient	_____ Overbearing
_____ Impractical	_____ Overly independent
_____ Inconsiderate	_____ Perfectionist
_____ Inconsistent	_____ Petty
_____ Indecisive	_____ Picky
_____ Indifferent	_____ Possessive
_____ Inflexible	_____ Procrastinator
_____ Insensitive	_____ Pushy
_____ Insolent	_____ Put off confronting
_____ Insulting	_____ Quarrelsome
_____ Interrupting	_____ Rationalizing
_____ Irresponsible	_____ Rebellious
_____ Jealous	_____ Reckless
_____ Judgmental	_____ Resentful
_____ Lazy	_____ Rigid
_____ Lording over	_____ Rude
_____ Lying	_____ Sarcastic
_____ Malicious	_____ Scheming
_____ Manipulating	_____ Secretive
_____ Meddling	_____ Selfish
_____ Mischievous	_____ Self-willed

\_\_\_\_\_ Shouting

\_\_\_\_\_ Slanderous

\_\_\_\_\_ Snoopy

\_\_\_\_\_ Spineless

\_\_\_\_\_ Spiteful

\_\_\_\_\_ Squanderer

\_\_\_\_\_ Stingy

\_\_\_\_\_ Stubborn

\_\_\_\_\_ Suspicious

\_\_\_\_\_ Tactless

\_\_\_\_\_ Temper outbursts

\_\_\_\_\_ Thin-skinned

\_\_\_\_\_ Thoughtless

\_\_\_\_\_ Touchy

\_\_\_\_\_ Tyrannical

\_\_\_\_\_ Unbelieving

\_\_\_\_\_ Un-Christ like

\_\_\_\_\_ Uncooperative

\_\_\_\_\_ Undiscerning

\_\_\_\_\_ Unfair

\_\_\_\_\_ Unforgiving

\_\_\_\_\_ Ungrateful

\_\_\_\_\_ Unkind

\_\_\_\_\_ Unloving

\_\_\_\_\_ Unmerciful

\_\_\_\_\_ Unreasonable

\_\_\_\_\_ Un-submissive

\_\_\_\_\_ Untrustworthy

\_\_\_\_\_ Untruthful

\_\_\_\_\_ Wasteful

\_\_\_\_\_ Wishy-washy

SELF CONFRONTATION FORM

**Using this 15-point outline, address each question in paragraph format (2–4 pages total). You are to keep this for yourself and covenant with the Lord to work on your issues.**

1. What is a main problem area in my life?
2. What specific failures on my part contribute to the main problem?
3. Which areas of my life are affected by each failure? How? (Use Personal Evaluation Form)
  - Spiritually
  - Spouse
  - Children
  - Parents
  - Physical Health
  - Social
  - Financial
  - Vocational
  - Professional
4. What have I done about each of the above failures?
5. Who else has been hurt by the failures?
6. What Scriptures relate to each one?
7. In what ways have I been blaming my problem on circumstances or someone else?
8. How is my view of God skewed in this particular problem area of my life?
9. What should I do specifically about each failure?
10. What commitment am I willing to make to solve my problems?
11. My diagnosis of this problem is:

Where did I fall?

### SELF CONFRONTATION FORM

What were the circumstances?

What did I do that I should not have done?

What were the danger signals?

When danger signals appear, what should I do?

What should be my biblical alternative replacement?

What biblical goals should I set? Short term? Long term?

What requests should I make of God to help me?

12. Are there any new factors to consider?
13. Should I contact someone to help me? Who? How much should I tell?
14. How should I review my progress?
15. How should I prepare myself to help others?



**SELF CONFRONTATION TESTIMONY**

**(Complete and submit with the rest of the project.)**

1. The problem area in my life I chose to work on was:

2. My problem caused other failures, which were:

3. Others were affected because:

4. The Scriptures that helped me most were:

Scriptures:

**SELF CONFRONTATION TESTIMONY**

Key thoughts:

5. The changes in my life have been:

6. I know that the “put-off’s” and “put-on’s” will continue in my life because:

LOGOS EQUIPPING MINISTRIES  
**DISCIPLESHIP COUNSELING—LEVEL ONE**  
**FALL 2015**

<b>Date &amp; Topics</b>	<b>Book/Article Title</b>	<b>Pages</b>	<b>Key Verses</b>
<b>September 9</b> A Definition of Biblical Counseling The Theological Basis of Biblical Counseling	Counseling: How to Counsel Biblically Part I – The Historical Background of Biblical Counseling A Theology of Christian Counseling	 vii-47 vii-35	II Pet. 1:3
<b>September 16</b> Comparison of Counseling Models	A Theology of Christian Counseling <b>Optional:</b> Counseling : How to Counsel Biblically Seeing With New Eyes	160-280 51-63; 79-97 239-251	Eph. 4:22-24 (II Cor. 10:5)
<b>September 23</b> The Biblical Process of Change, Part 1	A Theology of Christian Counseling Instruments in the Redeemer’s Hands Changing Your Thought Patterns (article)	38-60 57-73	Col 2:8 (Ps. 1; Rom. 1:18)
<b>September 30</b> The Biblical Process of Change, Part 2	<b>Optional:</b> Counseling : how to Counsel Biblically Instruments in the Redeemer’s Hands Seeing With New Eyes	162-175 75-94 129-143	
<b>October 7</b> <b><u>NO CLASS (ACBC Conference)</u></b>			
<b>October 14</b> Physical and Spiritual Aspects	A Theology of Christian Counseling Counseling : How to Counsel Biblically	61-159 88-100	II Cor. 5:9 (Col. 1:28)

LOGOS EQUIPPING MINISTRIES

**DISCIPLESHIP COUNSELING—LEVEL ONE**

“Introduction to Biblical Counseling” Weekly Assignments

Fall 2015

<p><b>October 21</b> Godly Attitudes READING REPORT DUE</p>	<p><b>Optional:</b> Counseling: How to Counsel Biblically  Instruments in the Redeemer’s Hands</p>	<p>212-230  17-35</p>	<p>Rom. 15:14  Eph. 4:2  Phil 2:3-4</p>
<p><b>October 28</b> Involvement, Gathering Data</p>	<p><b>Optional:</b> Counseling: How to Counsel Biblically</p>	<p>131-161</p>	<p>(Prov. 18:13,17 Acts 20:31, II Tim. 3:16-17, I Thes. 5:14)</p>
<p><b>November 4</b> Interpretation</p>	<p>No work due</p>		
<p><b>November 11</b> Providing Instruction</p>	<p>A Theology of Christian Counseling  Optional: Counseling: How to Counsel Biblically</p>	<p>309-326  176-200</p>	<p>Rom 13:14  (Rom. 8:7, 8; 15:4; I Tim. 4:7-9)</p>
<p><b>November 18</b> Crisis Counseling</p>	<p>PENANCE VS. REPENTANCE PAPER DUE</p>		
<p><b>November 25</b></p>	<p>NO CLASS - HAPPY THANKSGIVING</p>		
<p><b>December 2</b> Giving Homework, Hope that Facilitates Change,</p>	<p>Paper  Godliness through Discipline (booklet)</p>	<p>1-25</p>	<p>Rom. 12:3  (I Cor. 4:7)</p>

LOGOS EQUIPPING MINISTRIES

**DISCIPLESHIP COUNSELING—LEVEL ONE**

“Introduction to Biblical Counseling” Weekly Assignments

Fall 2015

<b>December 9</b>	Christ and Your Problems (Booklet)	1-30	Gen. 50:20
Review/Q&A	Optional: Christian Cslr's Medical Desk Ref	413-420	
PERSONAL IMPROVEMENT PROJECT			
READING REPORT DUE			
SUMMARY PAPER DUE			

**ASSIGNMENTS ARE DUE AT THE BEGINNING OF CLASS ON THE DAY POSTED.**